Chicken Fried Rice

Description

Making fried rice at home is easy and quick, and all the ingredients you need can be purchased at any supermarket. The important thing is to cook your rice ahead of time and allow it to chill thoroughly so the grains don't stick together when you stir-fry it. I used boneless, skinless chicken thighs in this recipe, but just about any meat, cooked or raw will work.

Summary

Yield: 4
Prep Time: 30 minutes
Category: Poultry
Cuisine: American

Ingredients

- 3 lbs boneless skinless chicken thighs
- 1 1/2 tbsp soy sauce
- 2 tbsp oyster sauce
- 2 tsp balsamic vinegar
- 2 tsp toasted sesame oil - divided
- 3 1/2 cup cooked white rice - chilled
- 3 tbsp vegetable oil - divided
- 1 cup onion finely chopped
- 1 tsp ginger finely chopped
- 2 eggs lightly beaten
- 5 green onions, scallions finely sliced
- 1/2 cup frozen peas thawed

Instructions

Trim any excess fat from the chicken thighs, cut them into 1/2-inch cubes, season lightly with salt and pepper and set aside.

Whisk the soy sauce, oyster sauce, vinegar and 1 teaspoon of the sesame oil together in a mixing bowl. Add the rice, toss to coat and set aside.

Heat 1 tablespoon of the vegetable oil and the remaining teaspoon of sesame oil in a wok or large skillet over high heat. Add the onion, garlic and ginger and stir-fry until fragrant, 1/2 to 1 minute. Add the chicken and continue cooking until golden brown and cooked through, about 3 minutes. Transfer to a plate and set aside.

Return the wok to the heat and add 1 teaspoon of the remaining vegetable oil. Add the eggs and stir fry until set, breaking into small pieces as they cook. Transfer to the plate with the chicken and set aside.

Add the balance of the oil to the pan and once heated, add the rice. Stir-fry until the rice is hot and just beginning to brown, about 4 minutes. Add the egg and reserved chicken, along with any juices that may have accumulated. Stir in the peas and scallions and remove from the heat. Taste and adjust the seasoning if necessary. Salt and pepper.

Notes

Recipe Variations:
You can substitute pork, ham, beef, shrimp or other seafood for the chicken, or for a meatless version use firm tofu, mushrooms or shelled edamame. Instead of peas you could add chopped sweet bell pepper, snap peas or snow peas.

If you'd like to use leftover meat that's already been cooked, simply stir-fry your onion-garlic-ginger mixture a little longer, then add the cooked meat and stir-fry just long enough to heat it through, about 1 minute.